

GUARDINO SB 990

Hello,

I am writing to ask that you vote no on SB 990. While I do not live in Connecticut, I do live nearby in Chicopee, Massachusetts. I often travel to your state to shop and dine in nearby Enfield, and would be less likely to do so if your state bans the use of electronic cigarettes.

I have been using an electronic cigarette since March of 2011 and have not smoked tobacco since May of that year. I have spent thousands of dollars on pharmaceutical products to quit smoking but none of them ever worked long term and I always returned to smoking.

Electronic cigarettes do not contain the thousands of harmful chemicals that tobacco cigarettes do and peer reviewed studies have been done that show they are not harmful to users or bystanders, and more studies are currently being conducted.

Banning these products in the same places that smoking is banned would not be beneficial to public health. By forcing people who use these devices to do so outside with smokers you are in essence exposing them to second hand smoke. Sound public health policy should encourage smokers to replace or reduce their cigarette consumption by any means possible—not create obstacles to it. Banning the use of e-cigarettes where smoking is prohibited sends a message to smokers that they may as well continue to smoke, whereas allowing e-cigarette use indoors provides an incentive to switch to a far safer alternative. Surveys of thousands of users indicate that the majority of those who switch, completely replace tobacco cigarettes with the electronic cigarettes, reducing their health risks by 98-99%.

It is very easy to see the difference between these and "traditional" cigarettes. Electronic cigarette vapor does not behave in the same manner as smoke. There is no "side stream" vapor like the side stream smoke coming from the lit end of a cigarette. There is also no ash or litter.

Since I began using these devices, my husband has not suffered from a single sinus infection. He experienced severe sinus infections throughout his life, having lived with and been around smokers, and it was only when I stopped smoking tobacco that we realized that not only had my health improved, but

his did also. I freely use these devices in my home and vehicles without causing him any discomfort or sinus issues. My health has also improved, I have more energy, am more active and no longer wake up coughing and wheezing.

This bill would also ban the use of electronic cigarettes in stores whose main focus is the sale of these devices which would be detrimental to such businesses.

I invite you to visit CASAA.org for more information and to also read the attached stories and reports.

Thank you
Deborah Guardino
Chicopee MA

<http://www.healthnz.co.nz/ECigsExhaledSmoke.htm>
<http://www.ncbi.nlm.nih.gov/pubmed/20647410>
<http://www.healthnz.co.nz/2010%20Bullen%20ECig.pdf>
<http://www.hsph.harvard.edu/centers-institutes/population-development/files/article.jphp.pdf>
http://www.jstage.jst.go.jp/article/seikatsueisei/55/1/55_59/article
<http://www.biomedcentral.com/content/pdf/1471-2458-10-231.pdf>
<http://tobaccoharmreduction.org/thr2010yearbook.htm> (Chapter 9)
<http://www.ajpmonline.org/webfiles/images/journals/AMEPRE/AMEPRE3013.pdf>
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